Counselors explain crisis response protocol

**BEFORE THE SHOOTING**
A MENTAL HEALTH EXPERT TALKED TO ADU-BREMPTON.

**By MINCH MINCHIN and JOEY FLECHAS**
Alligator Writers

Kofi Adu-Brempong was afraid he was going to be kidnapped, taken to Africa and slain in a ritual killing. In the days leading up to his shooting and arrest on March 2, the 35-year-old Ghanian graduate student sent e-mails to the faculty and staff in the UF geography department, accusing them of scheming to kill him, said Keith Yearwood, Adu-Brempong’s friend and fellow graduate student.

The recent episode involving Adu-Brempong, who exhibited psychotic and delusional behavior, has brought increased attention to the issues of mental health and campus safety. The UF Dean of Students Office has several programs in place to help students suffering from mental health problems, said Wayne Griffin, the associate director of the UF Counseling Center.

One such program, the Critical Response Team, or CRT, is composed of safety and mental health professionals including professors, police officers, counselors and housing coordinators, he said.

The day before Adu-Brempong was arrested and shot, a CRT counselor, along with a University Police Department officer and Adu-Brempong’s adviser, visited him at his apartment in Corry Village for two and a half hours, according to a police report.

The counselor, Laura Templeton, did not get a good chance to talk with Adu-Brempong and was unable to determine his overall mental state, Griffin said. No counselors came the night of the shooting because the situation had become too volatile and dangerous.

When Templeton met with Adu-Brempong the day before the incident, she determined Adu-Brempong did not meet the criteria for the Baker Act, according to the report.

Had he been submitted under the Baker Act, Adu-Brempong would have been taken to one of two crisis units in Alachua County where he would have remained under observation for up to three days, said Bruce Stevens, a professor in the UF College of Medicine.

Stevens is also a member of the UF Faculty Senate and the co-president of the Gainesville chapter of the National Alliance on Mental Illness.

As a member of NAMI, he is an instructor for the Alachua County Crisis Intervention Team, or CIT, an organization that trains police officers and 911-dispatch operators to handle emergencies involving citizens suffering from mental-health problems. The CIT training, which was first offered in Alachua County about six years ago, is a 40-hour series of lectures, videos, field trips and role-playing scenarios designed to help officers understand mental-health issues, Stevens said.

About 400 UPD officers, the Gainesville Police Department and the county sheriff’s office have gone to the training facility and graduated from the program, he said.

Between two and four of the five UPD officers who were in Adu-Brempong’s apartment when he was shot had been through CIT training, he said. Keith Smith, who shot Adu-Brempong, had not undergone training, he said.

Stevens is calling for an additional investigation to determine if the officers involved in the incident.

**AROUND GAINESVILLE**

**Senators hopeful meets students**

By CJ PRUNER
Alligator Staff Writer

In his journey to become Florida’s newest senator, Congressman Kendrick Meek made a pit stop in Gainesville Wednesday night to listen to and talk with students.

Speaking to a crowd of about 30 at Santa Fe College, Meek related stories of his own personal education experiences, pointing out his mother worked for a community college.

“I look at community colleges as places of excellence, not places where you go when you have nowhere else to go,” he said. “Just the fact that you’re at Santa Fe means you’re going to prove a lot of people wrong.”

In terms of broader issues, Meek vowed to fight on behalf of students by making sure they get the funds necessary to finance their education.

“I’m not running on behalf of the government,” he said. “I’m running on behalf of the people who are trying to make it.”

The first portion of the night was spent with a panel of students bringing forth issues to the congressman, such as student debt, financial aid and employment prospects after school. He then devoted the rest of the time to laying out his platform while addressing questions from the audience.

Although he’s competing for a high government office, Meek admits that he can still use some more schooling.

“Let me tell you something,” he said. “I’m a nerd, too.”
Martial arts comes to :08
Florida Fight Nights is bringing mixed martial arts to Gainesville on Saturday at 8 Seconds (08).

The event will feature 20 top amateur fighters from six gyms across Florida and Georgia, who will fight 10 matches and showcase Muay Thai and kickboxing.

Muay Thai is an aggressive fighting style in which fighters can lock limbs and elbow and knee each other. The fighters will weigh in at 1 p.m., but doors will open to the public at 9 p.m.

Tickets are $15, or $45 for VIP passes, which offer free drinks and a balcony view. Customers will receive 20 percent off admission if they pre-purchase the tickets on the Web site, http://www.floridafightnights.com. Tickets will also be sold at the door of 8 Seconds (08).

— CRISTINA RABAZA

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iPad Wi-Fi network problem on campus has easy fix

About 40 people lined up at Best Buy

By VICTORIA ISRAELS
Alligator Contributing Writer

For some of the 40 people who waited in line at Best Buy Saturday morning, the iPad may not have been worth the wait.

If they attend UF, they may have a difficult time using Apple’s latest gadget.

Some UF students are having problems signing into the campus’ wireless network, according to UF’s Network Services. While some students can sign on easily, others can’t make it past the initial log-in screen.

The problems experienced by some iPad users appear to be related to the AutoFill feature in Safari. Disabling the AutoFill feature corrected the issues with.

Best Buy, located at 3750 SW Archer Road, has a few iPads left and does not take pre-orders or have a waiting list, said Aimee Pauquette, a Best Buy sales associate.

Best Buy sold out of their initial shipment of 60 by 3 p.m. Saturday.

“Saturday was absolutely ridiculous,” Pauquette said. “The customers that arrived by the time we opened didn’t even need to look at it. They just wanted to buy it.”

Nick Carson, a UF computer engineering senior, pre-ordered the 3G version of the iPad coming out in late April. The current version, which Best Buy sells, offers WiFi connection.

Carson paid $729 for the 32GB 3G iPad. The current WiFi versions range from $499 to $699, depending on the size of the hard drive.

The 3G version does not require an Internet contract for users to sign, and users will pay up to $30 for Internet access each month.

Aside from Web browsing, Carson plans to use his iPad to download textbooks.

“The textbooks will be cheaper and obviously less weight,” Carson joked.

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Where Music meets the waterfront!
500 try vegan pizza, ice cream at VegFest

ABOUT 900 ATTENDED THE EVENT LAST YEAR.

By ASHLEY HEMMY
Alligator Contributing Writer

Cheese-free pizza and soy ice cream awaited about 500 students on the Plaza of the Americas Wednesday during VegFest.

The event, which was sponsored by the UF chapter of Animal Activists of Alachua County, offered free vegan food to students and informed them about local restaurants that offer vegan options.

"Many are happy to eat free food," said Alyssa Cohen, the president of the UF chapter of Animal Activists of Alachua County. "Many seem interested in the vegan lifestyle and considered it, but never researched it."

Last year's event had a turnout of about 900 people and included more sponsors, but this year the chapter had trouble getting restaurant sponsors because budgets were tight.

Restaurant donors this year included Leonardo's Pizza, Gyro Plus and Karma Cream, Cohen said.

Besides organizing VegFest, the UF chapter of Animal Activists of Alachua County also sends volunteers to animal shelters and holds rallies in support of animal rights.

"We want to show people that vegan food tastes good and that it's easy to get in Gainesville," said treasurer and junior Anandani Maharaj.

Maharaj said all kinds of students stop by for free food, and some have never tried vegan food before.

Material science and engineering graduate student Krishna Nittala said he was a vegan but switched back to meat recently because it was hard for him to get the right nutrition.

"The main concern for most vegans is that they can't eat out," he said. "VegFest gives a list of local restaurants that offer vegan options."

PRIDE AWARENESS MONTH
Students get tested for HIV, paint orgasms at pride event

By JAMEL F. LANGLEY
Alligator Contributing Writer

UF students added color to their sex lives Wednesday during Pride Awareness Month's Paint Your Orgasm event on the Reitz Union North Lawn.

Participants painted T-shirts with pictures representing their interpretation of what their orgasms would look like.

More than 300 people stopped by the tables, and the organizers of the event gave out 220 T-shirts, according to the event's co-directors, Jose Genao and Richard Roberts.

Alicia Gardiner, a UF freshman, attended the event.

"I'm a screamer. Therefore, my shirt design is eclectic and colorful." - Alicia Gardiner, UF freshman

According to Genao and Roberts, the event, which has been taking place for 10 years, is one of the more popular events during the annual Pride Awareness Month.

"We want people to go to their happy place and truly express themselves," Roberts said.

The co-directors agreed the main focus was to inform people about safe sex.

"As long as we are human, we orgasm," Genao said.

As people painted, the Alachua County Health Department also had a booth set up with nontraditional games including condom races and jeopardy to inform students about safe sex.

Paint Your Orgasm was co-sponsored by Lesbian, Gay, Bisexual and Transgendered (LGBT) affairs, the Alachua County Health Department and Vox: Voices for Planned Parenthood.

Vox: Voices for Planned Parenthood also had a booth set up with nontraditional games including condom races and jeopardy to inform students about safe sex.

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Professor calls for investigation to determine if officers violated CIT training

CRISIS, from page 1

violated what they learned in the CIT course. "The implementation of what the officers learned in CIT training broke down," he said. "I don't know what happened."

Before the standoff and arrest, other breakdowns prevented Adu-Brempong from getting the mental care he needed, he said. "There were several times on [the day before and the day of the shooting] that the Baker Act should have been employed," he said.

The Baker Act involves withdrawing someone's constitutional rights. Universities and cities merge crime prevention and mental health care differently, he said.

In 1988, the first-ever crisis intervention team was created by the Memphis Police Department after officers shot and killed a man suffering from hallucinations, Stevens said.

Since then, universities and cities across America have adopted their own systems for merging mental health care with police affairs. After the shooting at Virginia Tech when Seung-Hui Cho killed 32 people before taking his own life, the university tried to strengthen its ability to respond to students in distress.

One measure was the creation of the Threat Assessment Team, a collaboration between several university departments and UPD.

According to the university’s Web site, the team determines if individuals pose threats to themselves or others and intervenes when necessary to maintain campus safety.

The creation of the multidisciplinary team led to more dialogue between the counseling department and UPD. Christopher Flynn, psychologist and counselor for the Cook Counseling Center, said he meets with the Threat Assessment Team regularly.

"We talk ... two to three times a week, about any students that may be of concern," he said. But Eugene Zdziarski, the vice president of student affairs at Roanoke College in Virginia, said students also play an important role in helping students with mental problems.

Zdziarski, former dean of students at UF, has written several books and papers on campus safety. He said many people feel reporting on troubled students will get them in trouble. "Everybody on campus needs to take on responsibility to intervene," he said. "They're not getting them into trouble. They're getting them out of trouble."

Yearwood, who is now teaching Adu-Brempong’s class, did not think the e-mails he received from Adu-Brempong, who suffered from polio, were a big deal. UF has historically done a good job of helping students suffering from mental health problems, but the UF administration should do everything it can to make sure the issues can be discussed openly, he said.

"You're never going to stop every situation from happening," he said.
Editorial

No Question
There is such a thing as a stupid question

Going against the tradition of bringing in intellectual "heavy hitters" such as Meghan McCain, Andy Samberg and the ever-esteemed, genetic "Real World" cast member, our beloved high council of white sepulchers at Accent were able to lure religion experts Dinesh D'Souza and Christopher Hitchens to campus Tuesday night.

When it came time for the Q-and-A session, we never prayed harder for emergency phone calls as the two speakers were subjected to a machine-gun barrage of moronic statements and questions that went way beyond the infantile.

Such million-dollar winners include asking an atheist to look inside himself, advising the participants to brush up on their medieval Italian history before their next stop at Notre Dame (I'm sure the two immediately went to Library West and poured over dusty textbooks of the Medici family out of fear of being exposed as charlatans) and the wailing of an ever-expected ad hominem ass-clown, whose Oscar-winning performance as a real-life "Simple Jack" might have slowed the process of human evolution by a few millennia.

However, the best was saved for last. We respect the young woman for trying to approach Hitchens, who can be very daunting with his scathing sarcasm, by asking him to take her seriously as a Christian. However, when you immediately follow this request with completely butchering his last name — "Hitchenson" — you become the personification of an epic fail.

We understand that with every public forum, you're going to have a few turds that float to the top of the punch bowl, but when it gets so bad that the moderator of the debate, who is said to be nothing but a well-mannered, class act of a professor, tells the audience they can do better, public beatings need to ensue.

Hell, even the two opposing debaters, who under normal circumstances would have trouble agreeing on the color of the sky, were able to put their intellectual differences aside for a minute as they united in calling one of the questions "incomprehensible."

Are these failures of contraception, er, students, a true reflection of the intellectual capacity of the UF Student Body? We can say without hesitation that they are most certainly not. That's why it's such a crime against humanity to have these people speak on our behalf. God forbid we don't, expect our intellectual arteries to clog completely.

One of the great mysteries of our time is the paradox of state government. Every few years, each state in our great union selects the brightest and most talented descendants of privilege and sends them away to plot out the boundaries of our daily lives. Just like clockwork, these seemingly divine figures time and again fail to deliver on their promises and the effluent nature of their haircuts.

For this and many other reasons, my unfunded political action committee is now backing the fledgling campaign of Amendment Zero.

Here in Florida, we are not immune to the plague of inadequacy that regularly undercuts the potential of our state politicians. The biggest pothole on the road to good governance in Florida is the setup where powerful guys at the top of important committees essentially go on tour and accept open bribes from the people they are supposed to regulate.

This leads to a few regular patterns of behavior in Tallahassee. Aside from open hostility toward the educational system, Florida lawmakers traditionally hold a great deal of animus for people with disabilities and the middle class. (To be completely fair, the education lobbyists always buy the cheap cereal; how hard is it to remember to get beluga?)

Florida annually spends a great deal of money to feed and house hundreds of insatiably hungry lawmakers, and what our state gets in return is often simply a handout to the people and groups who already have all the money and power that they will ever reasonably need. If reason and need are no longer part of the equation in Florida politics, it is the position of Amendment Zero that our fine state would be much better served by dissolving the Florida Legislature and replacing it with a handful of reality television stars.

For instance, any combination of Kardashians would be a better political body for Florida than the one we are burdened with right now. Kim, Kourtney and Khloe already know how to accept gifts and whore themselves out for money and exposure, so they are at least as qualified to govern as 95 percent of the current Legislature. Add in the mom and maybe one of the younger sisters, and we would have a "Kongress" that cherishes real family values. And lip gloss.

For the House of Representatives, Amendment Zero suggests any four residents of VH1's "Sober House" (to be chosen by Lt. Governor Tom Sizemore) and the current winners from the latest seasons of "Celebrity Fit Club" and "Dancing with the Stars" — a diverse and representative group with expertise in all types of mental illness. It goes without saying that all of this will first have to pass muster with Gov. Justin Bieber, whose education platform and awesome hair often make Charlie Crist cry in a dark corner of the governor's mansion master bedroom.

Amendment Zero seeks wholesale changes to the structure and functions of government, but Florida is completely broke and the current alternative is quite scary by comparison. I guess Florida law requires some signatures or something, but the carnage in Tallahassee right now shows any rational person why Amendment Zero deserves at least a shot on the ballot.

Tommy Maple is an international communications graduate student. His columns appear on Thursdays.

Reader response

Today’s question:
Would you want Justin Bieber to be the Florida governor?

Wednesday’s question:
If you were a teacher, would you support Senate Bill 69?

22% YES
78% NO
59 TOTAL VOTES

Vote or post a message at www.alligator.org
There’s been a recent trend in mainstream cinema that thrusts schlub guys into the spotlight. They’re normal, everyday dudes who drink, smoke pot, look like your neighbor and have lame jobs, if they have jobs at all.

The fad can be traced mostly to one Judd Apatow, a writer turned director turned producer turned famous name who gives away his credibility for free to his friends. His movies have ranged from well-written comedies to dime-novel cliché rom-coms, from broad, delusional humor to small, social critiques about the human condition. It’s actually becoming the mainstream come-
dy of our generation, so we’ve been told. Dozens of movies have come out this summer and none have been funny, meaningful, or even enjoyable, much less funny. It’s sad. The only problem here is that’s only one movie that would even admit the unlikeliness.

We know Hollywood has always been sexist, and we understand that, back in the day, even Michelle Pfeiffer was paired with Jack Nicholson. But this recent phenomenon is begging to us because no one really seems to notice it. Young people have been known to call “Superbad” the “high-school movie of our generation.”

Well, when we went to high school, the cheerleaders didn’t get snuggly with the guys in the A.V. club. If the standard for attractive men in cinema is changing, then why is the one for women standing still? Don’t get us wrong: if people want to make a movie about the average guy or the sub-average guy, fine. Brad Pitt doesn’t need to grace every screen, and the lack of him wouldn’t tank every
day. We just want to see changing standards for men, not just women. Enough films with an Amazon being paired with our hero, the manager of a Dairy Queen. Enough movies where the romance blossoms between a guy described as a “loveable loser” and a girl called a “bombolesh.” Make us a movie that fights the idea that a guy can be anything, but a woman has to be perfect.

Apatow said in a recent interview, “[The movies] may be my way of saying to every girl who broke up with me, ‘You’d do it?’ Truthfully, we don’t really care.

Julia Tilford is an English junior.
“Glee” is back on Tuesday on Fox and is better than ever. We’ve got the scoop on what to expect from our favorite McKinley High students. Get ready for guest stars galore, Lady GaGa musical numbers and original songs. The show premieres at a special time, 9:28 p.m., right after “American Idol.”

By ALLISON BANKO

and ASHLEY MOSES

avenue writers

Change clothes and go. The sexy catwalk is all set for the fabulousness of the runway models who are about to stomp their heels into it. It’s Gainesville Fashion Week.

“We have an extended list of designers showcasing their pieces—the event has grown tremendously since last year,” said Melanie Ling, media relations coordinator of GFW.

The first two seasons of GFW held their runway shows at the downtown lounge. The event’s overwhelming popularity caused the show to move to the shows will be moving to The Vault at 238 W University Ave. The new, upscale lounge can hold about 800 people, said Tiffany Williams, producer of GFW.

GFW will focus on designers and boutiques such as Bobby K, Wolfgang and Dahlia among others. All fashionistas will have their fashion taste buds satisfied with the wide range of designer styles spanning from a Colombian-based swimwear line to athletic Game-Day apparel.

Wolfgang will kick off the week with the first show tonight.

“It’s cool that my show is the first one people will see,” said Matthew Turner, owner of the boutique. “I hope to start everything off with a bang.”

Turner will be showing more than 60 looks in a collection of late spring and early summer looks. He will also show a preview of fall. Turner is excited to introduce a few new brands that his boutique has recently acquired. The show will include sexy dresses from brands such as Motel and Pleasure Doing Business.

In GFW tradition, the closing show will headline local designer Bobby K. His show will be ferocious and scandalous, he said.

“My whole theme for this show is glamorous,” he said.

“We are giving a level of experience that would usually be found at the larger metropolitan cities.”

MELANIE LING

media relations coordinator of GFW

Although he usually sticks with a more casual look, K said his show was inspired by Hollywood starlets from the ’50s. He will be showing everything from floor-length maxi dresses to men’s swimwear. The dedicated team of GFW has been waiting to see its masterpiece come to life as the event has been in the works since September of last year.

In February, everything started to take shape with the open casting call for potential models. More than 200 hopefuls came out from all over Florida wishing to be one of the chosen 53. But more than just the models and designers will be shining in the spotlight during GFW. This is an event focusing on design on all levels, said Ling.

“Whether it’s hairstylists or boutique owners, we are giving them a chance to get themselves out there.”

The plethora of featured hairstylists includes those out of Salon Tecnicolors Salon and Avant Garde Salon. Each runway event will also have a featured DJ who will be providing a musical spin to the night’s fashion.

GFW is aiming to bring what wouldn’t usually be found in a city where Tim Tebow is the closest thing to the glitz and glamour of fame.

“Gainesville is an area that’s younger and upbeat with a lot of edge. This is the type of experience we want to provide to those who won’t go to Miami, L.A. or New York,” Ling said. “We are giving a level of experience that would usually be found at the larger metropolitan cities.”

Each night will begin with an opening performance, Williams said. Opening acts will vary from musical performances to choreographed dance pieces.

Tickets for Gainesville Fashion Week are about $20, depending on your desired viewing spot of the runway show. The events will be taking place for the remainder of the week and the finale runway show will take place Saturday evening. Tickets may be purchased on the event’s Web site at gainesvillefashionweek.com, where there is also a list of the designers featured for each day.

Check out alligator.org/the_avenue for footage from the event throughout the week.
Who should open the door, pay the bill?

By MICHAEL PERRONNE and AMELIA HARNISH

He says...
Chivalry isn’t dead. It just has a right time and place. In a dating culture where nice guys finish last and the asshole gets the girl, it’s easy to see why the gentleman is no longer en vogue.

But the blame for this shift does not rest solely on the male gender. As women have evolved away from Susie Homemaker and toward Miss Inde- pendent, the rules of the game have changed.

The dating field is full of strong, sexually empowered women, which means that it takes an equally assertive man to woo them. This new edition of female is similar to its prede-

ecessors, only its attraction circuitry has changed.

In our parents’ time, courtship was as simple as a statement of interest with a little wine-drinking, and acts like buying drinks or dinner dates don’t carry with them the same implications that they once did.

Nowadays, offering to buy a random girl a drink is a demonstration of being sleezy. You may think you are being a gentleman, but all you are really saying to her is, “I don’t have anything interesting to say, so I bought you this with the hope that you’d talk to me.” Instead, give some balls and just talk to her.

Girls, attractive ones especially, know that they can exploit these so-called “nice guys” to score drinks, dinners and gifts without ever having to return the favor. It is not uncommon for a girl to accept a dinner date for the sole reason of getting a free meal.

Don’t sweat over outdated proto-
cols. I’m not saying to abandon all manners and act like a jerk. Instead, when you are holding that door open, temper your expectations. She may think you’re sweet, but you’re probably no closer to getting in her pants.

A bond has been created and mutual respect earned, the time for chivalry begins. When you are on your way to establishing a meaningful relation-
ship, it is perfectly all right to go out of your way to make her feel special. Giving up your coat on a cold day, open-
ing her car door, walking her home are chivalrous gestures that make her feel like a princess and make you seem like Prince Charming.

Until then, save your money and spare the formalities.

She says...
Let’s be honest: Chivalry has been dead for a long time.

The dictionary defines this ridiculous set of customs as: “the qualities idealized by knighthood, such as bravery, courtesy, honor and gallantry toward women.” Yeah, I think that fairy tale ended with the fall of King Arthur and definitely by women’s lib.

I have admitted to have accepted a drink from a guy and just walked away. I have also entertained conversa-
tions with men just to secure free beverages for me and my friends, and I have definitely gone out to dinner to eat for free.

But this just shows how ridiculous chivalry is in today’s context. Women are on their way to taking over. We are perfectly capable of opening our own doors, buying our own drinks and dinners and making the first move, but some of us still expect the damsel-in-distress treatment and some of us, regrettably, abuse it.

Ladies, we just can’t have it both ways. We cannot expect that men who feel forced to take care of us in every way or simply feel the need to buy us presents in exchange for our attention, will pay us the mutual respect we de-
serve. At the root of the chivalry concept is the idea that we are somehow incompetent and need to be taken care of. I think in more recent years, the demand for chivalry has been on some sort of female entitlement – “I’m such a great catch, I better be a gentleman and pay for my dinner” – which is just counterproductive to equality.

But gentlemen, do not confuse chiv-

ality with good manners. Just because it’s unnecessary to throw your coat over a puddle for me doesn’t mean it isn’t a nice gesture to offer your blazer if I’m cold.

And for the traditionalists, if you re-

ally want to buy me a drink, fine. But let me get the next one.

Absinthe ‘Light’ comes to U.S.

By GABRIELLE FALCONEIRI

She’s the mistress to Vincent Van Gogh and friend to bohemians and scoundrels everywhere. Elusive, magical and maybe even a little dangerous, the Green Fairy—better known as Absinthe—is the stuff legends are made of.

Absinthe, a strong alcohol infused with the herb wormwood, is rumored to have hallucinogenic proper-
ties. Those are mostly myths, though Van Gogh did cut off his own ear during a supposedly Absinthe-induced stupor, according to absinthealchemist.com in the United States, but the chemical thujone is a substance controlled by the Food and Drug Administration, according to its Web site. American Absinthe makers realized they could fil-

ter out the thujone and capitalize on Absinthe’s popu-

larity.

Thujone-laced Absinthe, while harder to get, still exists for people who desire a “real” Absinthe experi-

ence. Countries in the European Union allow Absinthe production, though they strictly regulate thujone levels in any commercially produced liquor.

For those of us in the U.S., companies that produce Absinthe brewing kits, such as Green Devil Absinthe, boast a thujone level higher than the European Absin-

thes.

Their kits include everything you need to make and drink your own Absinthe except the alcohol, and because they sell them as novelty products, the kits exist in the semi-legal gray area between prohibition and acceptance.

To take a trip with the green fairy, go to Publix Li-
uors in Butler Plaza, where two types of Absinthe are sold.

Eating healthy not impossible

By LANCE FULLER

It’s five minutes until your next class. You have just come out of a three-hour block and now have to run across campus to present a project. By the way your stomach is growing. As a busy college student, you’ve probably faced the problem of too much to do and not enough time to do it. When you finally get a chance to eat, you may end up overeating those who do not.

Stock up and plan ahead

When you go grocery shopping, stock up and buy things that you can freeze and take out as a snack. Menus suggests planning your meals in advance. Along with string cheese and crackers made without hydrogenated fats, sandwiches will be a great mid-day snack that you won’t have to worry about when you have multiple classes in a row, she said.

Eat when you’re hungry and stop when you’re satisfied, not full

According to caloriecount.about.

.com, it takes the brain anywhere from 10 to 20 minutes to realize that the stomach is satisfied when eating. The slower you eat, the fewer calories and food you will take in, thus you will feel fuller without eating three meals worth of food. For healthy eating, portion control is a top priority and when you feel satisfied, stop eating and push the plate away from yourself, Mena said.

Take advantage of the dining centers and convenience stores on campus

The many on-campus grocery stores like Provisions on Demand in the Reitz Union, Beatty Market, Graham Oasis and Little Hall Ex-

Press have grab-and-go items that are healthy and delicious such as sushi, hummus and soy milk.

Also, the different student dining centers have full salad bars and fresh fruit and are always all-you-
can-eat although you have to set up an account with Gator Dining, you will save more money in the long run having a meal plan and us-

ing the dining halls instead of eat-

ing at the different on-campus res-

taurants every day, said GatorWell intern Beth Kravitz.

Try healthier versions of your favorite comfort foods and bever-

ages

Considering a cheeseburger and fries to eat while you study? Try leaner and healthier forms of protein like grilled chicken and have some vegetables on the side or beans and rice instead of fries, Kravitz said. Also, avoid sugary beverages like regular sodas and fruit-flavored drinks and instead drink more wa-

ter, skim or soy milk and unsweet-

ened or lightly sweetened tea.

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Burton deserves credit for ’10 class

By BOBBY CALLOVI
Alligator Staff Writer
bcallovi@alligator.org

Many wondered how Florida was able to sign the nation’s best recruiting class this year amid uncertainty surrounding coach Urban Meyer’s career, but it wasn’t just the staff that was working to keep the class together.

Freshman quarterback Trey Burton, who was the second UF commit for the 2010 class, was quick to make sure no one was jumping ship.

“I had to make sure I knew what was going on first, then I didn’t want to lose the class,” Burton said.

A new Nike ad shows a somber Tiger Woods with a voice-over from his deceased father, Earl. Pretty creepy, and if you ask me, this is part of Elin’s plan to make sure her husband is marketed in the least-attractive way possible from now on.

Burton committed to UF before his junior season and came to almost every Gators game since, but despite the long wait, his transition to college-level football has not been easy.

The three-star recruit struggled early during spring practice and

SEE FOOTBALL, PAGE 18

I’m rooting for Tiger despite faults

I’m going to let you in on a little secret.

It’s not something I’m sure I’m proud of, but I can’t deny the truth.

I’m rooting for Tiger Woods to win the Masters this weekend.

I obviously don’t condone any of his off-the-course behavior. I don’t appreciate the “new Tiger,” which seems almost worse to me. At least before, I didn’t really know much about Tiger, because he rarely let any outsiders in.

Now Tiger is pretending to let everyone in but faking it. Doesn’t that make one want him less real in a way?

Regardless, I know I probably shouldn’t want Tiger to succeed this weekend. My mom, and many other women, would probably not approve. It’s a lot like rooting for the villain or betting the Don’t Pass line on the craps table.

The only way I rationalize it to myself is that I want to see greatness. And to me, Tiger winning the Masters after this kind of layoff would be one of the most remarkable sports feats I’ve seen in my lifetime.

A victory at Augusta after a five-month break would rank right up there with his U.S. Open win on a bad ACL.

I know Tiger usually doesn’t play as many tournaments as other players and often times even sits out the events preceding majors.

But this layoff is five months away without a competitive tournament. Five months filled with tabloids and treatment.

Winning this weekend would effectively be Tiger flipping a middle finger

SEE PHIL, PAGE 18
Marsh’s hip surgery recovery ahead of schedule

FOOTBALL, from page 17

was criticized for his awkward throwing motion.

But he showed a vast improvement in Saturday’s scrimmage, looking like more than just a threat to run.

Despite playing better and seeing improvements in his throwing motion, he still has a long way to go in

was criticized for his awkward throwing motion.

Tyus’s news contradicts Donovan’s statement

HOOPS, from page 17

Tyus to join Macklin and forward Chandler Parsons as a part of the Gators’ all-senior frontcourt.

“I don’t anticipate anyone being in a situation where they’re looking to make a change,” Donovan said.

Even if Tyus leaves, UF’s front-court should still be the team’s Gators’ all-senior frontcourt.

Chandler Parsons as a part of the Tyus to join Macklin and forward

Men’s Basketball

Man rotation, Kenny Kadji and Adam Allen should be returning from injuries, and Donovan spoke highly of incoming 6-foot-8 forward Patric Young.

“He is a very physical, high-energy, likes-contact guy,” Donovan said of Young. “The last couple years, when we lost (Joakim) Noah, (Al) Horford and even Chris Richard, we haven’t really had that kind of physicality in our frontcourt.”

DONOVAN TO RECEIVE WOODEN AWARD: Donovan will be honored with the John R. Wooden Award’s “Legends of Coaching Award” on Friday night at the Los Angeles Athletic Club.

“I think it’s a great honor. I’m sure there’s a lot of guys that are deserving of the award,” he said. “Anything that’s affiliated with coach Wooden’s name is a big honor and a big deal.”

PHIL, from page 17

to the world of golf. What more impressive statement could be possibly make? He’d be showing everyone that the sport still revolves around him and that the rules of mortal men simply don’t apply.

Also, it’s important to point out that Tiger didn’t really wrong me. We’re not related. I’ve never met him. The fact that he’s a jerk and cheated on his wife doesn’t exactly make him much different than a lot of other great, once-in-a-lifetime athletes. The hatred you might have of Woods — do you despise other greats like Michael Jordan and Magic Johnson? Rumor has it those two weren’t exactly the most committed men. These things simply weren’t as big a deal because the TMZs of the world didn’t exist.

I know part of the problem with Tiger was that we all felt like he was different. We thought he was going to be that great sports star that was also a great role model. So everybody felt burned when his transgressions were revealed.

The fact that he was put on a pedestal isn’t Tiger’s fault. But this isn’t any sort of apology for Woods. He made his choices because he lives in a different world than you and I. He felt like rules don’t apply to him, and the truth is they still do not. Maybe he’ll change and become some great person of character.

The truth is I don’t really care. All I want from Tiger is for him to be putting on another green jacket come Sunday.

Ginnie Springs Outdoors

Ginnie Springs Outdoors

Save and save again.

Recycling is an idea that’s worth repeating.
Making Their Mark

By ANDREW OLSON
Alligator Writer

Competing for a national title on the field it uses for AA practice is a dream scenario for any team, but for the UF Paintball Club, that scenario involves a trip to Lakeland.

Every Sunday, the team drives two hours down I-75 to practice at Central Florida Paintball, and this weekend it’ll make the same trek to compete in the National Collegiate Paintball Association National Championships.

“It’s the best field around for tournament paintball,” UF Paintball Club President Thomas Irby said. “The area (Gainesville) fields don’t have bunker layouts.”

That statement alone makes it clear that there’s a difference between this kind of paintball and tournament paintball, “The area (Gainesville) fields don’t have bunker layouts.” said. “The area (Gainesville) fields don’t have bunker layouts.”

There’s intricate strategy and major time and financial commitments from those involved, and all that will come to a head this weekend.

People hear ‘paintball tournament,’ and they’ll say, “Oh, you’re going to go hide out in the woods?” said sophomore Whittaker Bullard, the club’s vice president.

There’s more of a strategy to tournament paintball than ducking behind trees.

Each of the five players has a designated role. There are two distinct sides of bunker layouts, called dorito (left) and snake (right), with a front and back player on each.

The fifth member is the “home row” player who fires shots at the other side of the field to dictate where the other team will run.

Irby said a front player will typically fire 300-to-400 rounds per game while the back players fire between 1,000 and 1,200 rounds.

Bunker layouts are rearranged to make it easy for the players to dictate where the other team will run.

At this weekend’s national championships, the Gators will

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April 10th at 7pm
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Alexa’s 1st Annual Bikers for Babies Poker Run 2010
April 10th, 2010
Registration: from 9-11am $15/person includes BBQ Dinner
Meet at Gainesville Harley Davidson Dealership. Stops made in Gainesville, Alachua, Chiefland, & Williston.
Email susan.perkins@hilton.com for more info.

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Gators open national championship play Friday against Kennesaw St.

$800 after paint is purchased for this weekend.

And those weekly trips to Lake-land add up, too. Ten to 12 players pitch in roughly $50 every Sunday to cover field entry fees and paint. For some students, the cost of paying upward of $600 over the course of a semester is giving up their Satur- 

day-night social lives.

Irby, who has been a member of the club for four years, said this is especially difficult for paintball club members who also take part in Greek life, as the only way to make the team is to show up to practice.

And in addition to that commitment, representing the sport in a positive way is a must.

"A lot of people make the vandalism association. They think you have a paintball gun just to shoot at cars."

Whitaker Bullard
UF sophomore

"I run into them at Lakeland sometimes," Carthy said. "I like seeing the guys and talking to them, especially the new guys who have joined since I was (last) there."

UF begins games in the 18-team Class A competition Friday at 8 a.m. against Kennesaw State and will face Connecticut at 10 a.m. followed by a 1 p.m. game against Liberty that will be broadcast live on foxcollegesports.com.

Class-AAA play, which has 50 teams, begins Saturday, and the tournament lasts through Sunday with live streaming of games available on b2tv.com.

This diagram shows a play the UF Paintball Club plans to use at this weekend’s National Collegiate Paintball Association National Championships in Lakeland. On the map, colored shapes are obstacles, solid black lines represent player movements from the initial breakout point (bottom center of map), and the thicker lines show planned firing lanes. The goal of this play is to advance the player on the “snake” (right) side up near midfield to gain a better firing angle on the opposition. Two players run to the corners to provide cover fire down the sides, while another moves around the left side to help advance the snake player forward. The “home row” player remains in the middle.